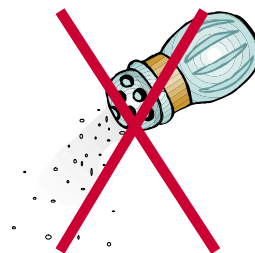


## Lowering Your Salt



### A Few Tips:

Avoid using salt at the table or in cooking.

Read the labels to avoid foods that contain **salt** or any form of **sodium**.

Use herbs and spices to flavor foods.

Choose whole, fresh foods over processed foods.

Start Here →

Amount Per Serving  
Serving Size 1 cup (220g)  
Servings Per Container 2

		% Daily Value*
<b>Calories</b> 150	Calories from Fat 110	
<b>Total Fat</b> 10g		20%
Saturated Fat 7g		14%
Cholesterol 35mg		70%
<b>Sodium</b> 450mg		90%
<b>Total Carbohydrate</b> 31g		10%
Dietary Fiber 5g		10%
Sugars 5g		10%
<b>Protein</b> 5g		10%
Vitamin A		10%
Vitamin C		20%
Calcium		20%
Iron		45%

\*Percent Daily Values are based on a diet of other people's secrets.

Footnote



### FOODS TO LIMIT:

Bacon  
Bacon rinds  
Corned beef  
Cured meats  
Frankfurters  
Ham  
Ham hocks  
Luncheon meats  
Salted fish  
Salt pork  
Smoked fish  
T.V. Dinners

Canned soups  
Canned tomato juice  
Canned vegetables  
Cheese  
Cheese products  
Commercial buttermilk  
Olives  
Pickles  
Potato chips  
Pretzels  
Salted crackers  
Salted nuts  
Sauerkraut  
Vegetable juice  
cocktail

Bouillon  
Catsup  
Celery salt  
Chili sauce  
Garlic salt  
Gravies  
Meat tenderizer  
M.S.G. (Accent)  
Mustard  
Salad dressing  
Seasoned salt  
Soy sauce  
Worcestershire  
sauce